

Boiled Broccoli and Cauliflower

Broccoli and cauliflower are both reported to contain cancer fighting properties. Boiling is supposed to be the fastest way to reduce the amount of cancer fighting properties. According to some sites, to maintain those properties while eating, eat them raw, or lightly steamed. Steamed is barely heated, to warm. Not always an option, especially for people without teeth. Cauliflower is considered a great source of fiber. However, don't drastically increase fiber intake at one time.

Pre Cook Preparation:

- A. Timer set for preparation time set for 10 minutes before you plan to put the food on the stove
- B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Broccoli
- Butter (lactose)
- Cauliflower
- Pepper
- Spices

Meatless Preparation Avoid:

- Butter
- Substitute with: _____

Utensils:

- Chopping board
- Fork
- Knife
- Pot holders
- Spoon
- Pan: 2 or 3 quart sauce pan

Ingredients:

Meat: None

Vegetables:

- 12 to 15 ounces of chopped broccoli
- 12 to 15 ounces of chopped cauliflower

Other ingredients:

- 2 tablespoons of butter
- Dash of salt
- Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

1. Wash and chop:
 - 12 to 15 ounces of broccoli
 - 12 to 15 ounces of cauliflower
2. Add to 2 to 3 quart sauce pan:
 - 12 to 15 ounces of chopped broccoli
 - 2 tablespoons of butter
 - 12 to 15 ounces of chopped cauliflower
 - Dash of salt
 - Spices, such as pepper, to taste
3. Cook to a rolling boil.
4. Turn heat down 1/3, and stir every 10 minutes.

Cook Temperature: Medium to low

Cook Time: 20 to 30 minutes, depending on desired texture

Servings: 4

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.